"A Study to Assess the Impact of Structured Teaching Programme on Knowledge of Suicidal Behaviour Among Students of Selected Nursing College at Bangalore."

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ABSTRACT
Introduction: Suicidal attempt is the commonest emergency in Psychiatry. Suicide is an irrational desire to die. Suicide is a type of deliberate self harm. Suicide is a major cause of death across the world. The study meant to assess the impact of STP on Knowledge of Suicidal Behaviour among Students.
Material & Methods: Pre-Experimental, one group pre test post test research design was used. Total 50 B.Sc. Nursing 2nd year student selected by Non Probability Convenient Sampling technique from Vydehi Institute of Nursing Sciences, Bangalore. Data collected by structured knowledge questionnaire and analyzed by using descriptive and inferential statistics
Results: The findings shows statistically significant difference in the mean pre test and post test knowledge score of Students on Suicidal Behaviour was found at 0.05 level of significance.
Conclusion: The structured teaching programme on suicidal behaviour is effective in improving knowledge among students of selected nursing college at Bangalore.
Key words: Assess Impact, STP, Knowledge, Suicidal Behaviour, and Nursing Students.

INTRODUCTION

Suicide is the act of killing oneself. In psychiatry a suicidal attempt is considered to be one of the psychiatric emergencies. In psychiatric nursing suicide threats and gestures are always taken seriously. Half hearted attempts for suicide may desperate cries for help and the individual may succeed by accident. It is a symptom to obtain release from unbearable pain, failure, grief or fears of old age in occasional cases an act of revenge.

As per WHO, there is one suicidal death in 40 seconds throughout the world and there is an increase of suicidal rate by 60% worldwide in the last 50 years. As also in India as per the report of NCRB, there is one suicide in every 5 minutes, and an increase of 175% of suicidal rate in the last three and half decades in spite of the fact that attempt to commit suicide is still considered a crime under section 309, Indian Penal Code.

More than one lakh person take their own lives in India every year and the problem is assuming alarming proportions. The rate of suicides in India about 5 per 100,000 persons in the late 1960s has more than doubled since then.

Suicide is only preventable, once committed it is no longer treatable. Today's nursing students are tomorrow's nurses. They will serve in various hospitals, community and other health care agencies.

STATEMENT OF THE PROBLEM

A study to assess the impact of structured teaching programme on knowledge of suicidal behaviour among students of selected nursing college at Bangalore.

OBJECTIVES OF THE STUDY

1. To assess the knowledge of nursing students regarding suicidal behaviour before administering structured teaching programme.
2. To prepare and administer structured teaching programme to nursing students regarding knowledge of suicidal behaviour.

3. To assess the impact of structured teaching programme for nursing students regarding suicidal behaviour and its prevention..
4. To associate selected demographic variables with the level of knowledge regarding suicidal behaviour among nursing students.

MATERIAL & METHODS

Research approach and research design

Quantitative research approach and Pre-Experimental, one group pre test post test design was used.

Variables

Independent variable: structured teaching programme on knowledge regarding suicidal behavior is the independent variable.

Dependant variable: knowledge regarding suicidal behavior among nursing students is the dependent variable.

Setting of the Study

This study has been conducted at Vydehi Institute of Nursing Sciences, Bangalore.

Target Population

The population of the present study comprises of the nursing students of Vydehi Institute of Nursing Sciences, Bangalore.

Sample and Sampling Technique

The sample size of the study consists of 50 nursing students studying in Vydehi Institute of Nursing Science, Bangalore were selected by non-probability convenient sampling technique by the investigator.

Sampling Criteria

The following criteria are set to select samples.

Inclusion Criteria

The study including 2nd B.Sc. Nursing Students of selected Nursing College at Bangalore.

1. Nursing students who are willing to participate.

Exclusion criteria :

1. Nursing students who are not present at the time of data collection.
2. Nursing students who have behavioural problem and non co-operative.

Development of Tool

A structured knowledge questionnaire was prepared by the investigator to assess the knowledge regarding suicidal behaviour among nursing students before and after the administration of structured teaching programme.

Scoring

The 40 questions are of Multiple-choice questions and for the correct option the score is 1 and other options 0. The score ranges from a minimum of 0 to a maximum of 40.

The level of Knowledge have been classified as

- Good 31-40 (75 -100%)
- Average 21-30 (50-75%)
- Poor 0 – 20 (0-50%)

Description of the Tool

SECTION 1:-Demographic Data: - A Performa for selected personal information was used to collect the simple characteristics of the study participants.

SECTION 2:-Structured Knowledge Questionnaire:-

It consists of 40 items divided in to 5 areas**.** All the items were multiple choice questions, which has four alternative responses. A score value of (1) was allotted to each correct response.

Data Collection Procedure:

The research investigator took formal permission from the Principal of Vydehi Institute of Nursing Sciences, Bangalore, to collect data for main study. The pre-test included assessment of subject's knowledge through Structured Questionnaires. The Structured teaching programme was administered at the 3rd day after the pre-test. The post-test of the study was carried out 7 days later the pre-test., using the same tool as the pre-test. Data collected was then tabulated and analyzed.

RESULTS:

The results of Pre-test indicates that out 0f 50 numbers of subjects in Pre-test majority depicts that none of the nursing students had adequate knowledge

regarding suicidal behaviour, 32 (64%) had Moderate knowledge, and 18(36%) had Inadequate knowledge regarding suicidal behaviour. As compared to the Pre-test scores, in the Post-test there was significant increase in the knowledge scores. Out 0f 50 numbers of subjects in Post-test majority depicts that none of the nursing students had Inadequate knowledge regarding suicidal behaviour, 34 (68%) had Adequate, 16 (32%) had Moderate knowledge regarding suicide. This could be due to administration of the Structured Teaching Programme.

Calculated paird't' value (t= 24.44) is greater than tabulated value (t= 1.960). Hence H_i is accepted. This indicates that the gain in knowledge score is statistically significant at P< 0.05 levels. Therefore, the structured teaching programme on knowledge regarding suicidal behaviour is effective in improving the knowledge of nursing students.

Table-1 Classification of Respondents on Knowledge level on Suicidal Behaviour

N=50

Knowledge Level	Category	Classification of Respondents			
		Pre test		Post test	
		Number	Percent	Number	Percent
Inadequate	< 50 % Score	18	36.0	0	0.0
Moderate	51-75 % Score	32	64.0	16	32.0
Adequate	> 75 % Score	0	0.0	34	68.0
Total		50			100.0
χ^2 Value		57.33 *	100.0	50	

* Significant at 5 % Level, χ^2 (0.05, 2 df) = 5.991

Table-1, the χ^2 test analysis of the Pre test and Post test score of respondents on knowledge level regarding suicidal behaviour. The χ^2 test value shows that there is a significant increase in the knowledge regarding suicidal behaviour after the structured teaching programme that is χ^2 value 57.33* It found significant at 5 % Level, χ^2 (0.05,2 df) = 5.991.

RECOMMENDATIONS:

1. A similar study on large and wider sample for a longer period of time would be more pertinent in making broad generalizations.
2. A self Instructional Module (SIM) on knowledge regarding suicidal behaviour among nursing students can also be used to improve the knowledge
3. A study can be conducted to find out the prevalence of suicidal behaviour among nursing students.
4. A study can be conducted to asses the impact of suicidal behaviour on quality of life.

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